

II.

It is well known that Magellan, in the memorable voyage the outcome of which was the first circumnavigation of the globe, discovered the Ladroné Islands on March 10, 1520. They were named "Islands of Thieves," because it was reported that the natives proved audacious thieves, even going so far as to steal a boat from one of the ships. After a short stay in this group, Magellan continued on his westward course and next reached the north coast of Mindanao. After a short stay on the island, he sailed to the court of the King of Spain, the explorer proceeded to Zebu, and formed an offensive and defensive alliance with its King. In pursuance of the compact, he entered into a war against the enemies of this chief, and on April 25, 1521, perished in the attempt to subdue the island of Macian. It is well known that a party of his comrades, after making other discoveries and suffering many vicissitudes, ultimately arrived in Spain by the route around the Cape of Good Hope. Although, after the return of Magellan's expedition, two more expeditions to the Philippine Islands were made, viz., those of Alvaro V., the value of the islands seems to have been for a time unappreciated. The first serious attempt to take actual possession of them was made under Philip II., in whose honor they had been named. To this end four ships and a frigata, under the command of Don Alvaro de Saavedra, were sent to subdue Mexico. The commander of the expedition, Legazpi, landed at Cebu on April 27, 1565, and took possession of the town. The pacification of this and neighboring islands was proceeding steadily enough when the Portuguese arrived and set up a claim to them. In 1570 Legazpi's successor, Saavedra, was sent to subdue Luzon. He disembarked near the site of Manila and the territory now included in the province of Batangas was soon subdued, as was the island of Mindoro, and communication was estab-

Spanish authority occurred. In 1823 a body of native troops rose in rebellion and unsuccessfully tried to seize the capital and place their captain at the head of the government. Their uprisings followed, among which may be mentioned that of the Cavite 1842, the Negros in 1844. The latter is said to have been due to the Governor compelling State prisoners to work for his private advantage. The most formidable insurrection before that of 1896 broke out at Cavite in 1872. A conspiracy was formed not only at the arsenal, but also in the capital, and when the opportunity moment arrived the Manila contingent should give the signal by discharging a rocket. The Cavite insurgents mistook fireworks sent up at a local celebration for the expected notification, and began operations. The arsenal was forced to open its fire on the arsenal, and eventually all were killed or captured. Hostility to the Spanish friars was at the bottom of this uprising. A certain Dr. Burgos had headed a party which demanded fulfilment of the decision of the Council of Government prohibiting friars from holding offices. The demand had never been carried out in the Philippines. It is believed that the monastic orders were the instigators of this revolt, desiring to involve Burgos and his followers in treasonable transactions, and thus bring about their death. The result of the revolt is certain that the execution of the ringleaders was not carried out. Our author says that the revolt of 1896 was to him no surprise, for, during the years 1890-93, while travelling in the archipelago, he heard everywhere the mutterings that go before a storm. Repeated on all sides were the old complaints of the people, that the taxes were too heavy to be borne, while imprisonment or deportation, with confiscation of property, was meted out to those who could not pay

The scenery in Mindanao is described as particularly fine. Extinct volcanoes are numerous, and there are several active ones, the most famous of which is Mount Apo, which rises to a height of 10,312 feet. Extensive forests cover the greater part of the island, and part from the valuable forest products which Mindanao has in common with several of the other islands, gutta percha is abundant in several localities. The largest known flower, measuring some three feet in diameter, has been discovered in Mindanao, and is named after its name, which signifies "massive flower." Mindanao is well watered. Its rivers are more important than those of Luzon. The Butuan rises within a few miles of the south coast, and, running north, traverses the whole island, and empties into the sea on the other end. It makes its rise near the north coast of Mindanao, and west. Considerable lakes are connected with both these streams, while Lake Lanao, situated where the western peninsula joins the main body of the island, empties into the Butuan. The soil, especially in the river and lake regions, is very fertile and productive. Little is known of the mineral wealth, but it is certain that gold exists in varying quantities at a number of points. Diggings have long been worked by the natives in the mountains of Zamboanga.

After landing at Zamboanga, the oldest of the Spanish settlements in Mindanao, our author's party proceeded to Ayala, which may be regarded as the type of the villages of decent, civilized natives under Spanish control. Such villages have a church, a *convento* or priest's house, and a tribute house, where the natives, all where the head men meet to transact business. It is frequently used as a barracks for troops and as a lodging house for travelers, who have to bring to put up there, and who usually find hanging on the wall a list of the names of the natives, with their ages, and other articles of food, as well as for horse hire, buffalo hire, carriers, &c. A very impor-

Two and a half centuries this state of affairs continued. Emboldened by centuries of success, the Moros did not confine their attention to defenseless natives. Spanish planters and even Government officials were killed and held for ransom. The special delight of the Moslem warriors was to capture the Spanish priests and friars, toward whom they displayed the most ferocious hostility. The Spaniards were persecuted by the churchmen. The Spaniards, on their part, did not tamely submit to such incursions. Expedition after expedition was organized against the Moros. Millions of dollars and thousands of lives were wasted. Monetary successes would be gained, but the results in human suffering were terrible. On several occasions landings were made on Sulu itself, the residence of

these places on the starch while still within the mouth. Naturally insoluble in water, the starch, however, is converted into a soluble material called glucose, and thus prepared for absorption into the system. All starches should have undergone this change through a proper amount of mastication before they arrive in the stomach. Any failure in the process of converting starch into glucose which may have occurred through hasty or inefficient mastication, will be made manifest when the food has left the stomach and entered the intestine, where it meets with the juices of the pancreas, which complete the process. Sir Henry Thompson points out that children should be taught to practice prolonged mastication, not only in eating meat, where it is really of less consequence, but especially in the eating of starchy articles, as potatoes, bread, and farinaceous puddings.

While the author is no vegetarian, he is convinced that more flesh is consumed by a large part of the inhabitants of the United Kingdom than is either necessary or desirable. Especially is this the case among those who possess means, and whose occupations do not require a great expenditure of physical activity, in all weathers, or, in other words, do not subject the animal tissues to wear and tear. Where a great deal of exercise is taken, or where manual labor is hard and prolonged, the concentrated and easily digested proteins of flesh are the most valuable food for man's purpose. For the energetic and active, the smaller proportion of these is advisable.

A better state of bodily health may be assured by eating not beef or mutton, but those forms of animal food which are less rich in proteins, and especially in fat, such as fish, poultry and game, for instance. To sedentary persons a considerable proportion of vegetable food is necessary. These persons, if not indeed, the vigorous vegetarian can find in this dietary all the principles adapted for the growth and support of the body, as well as for the production of heat and energy. The vegetable products, however, must be selected with care in order that the total sum of food consumed may be sufficient to maintain the system, otherwise one may have to swallow and digest an inordinate weight of vegetable matter con-

Daniel D. Tompkins.

Among the historical materials recently published by the State of New York is a volume containing the *Military Papers of Daniel D. Tompkins*, to which an interesting and useful Introduction has been prefixed by Mr. Hugh Hastings, the State historian. There is no doubt that Gov. Tompkins played well nigh as important a part in the second war against Great Britain as had the famous Robert Morris in the Revolutionary war. It is also true that the services rendered to the American cause by the State of New York and by the war Governor of that State have not, as yet, been adequately set forth. In one of the works purporting to deal with that contest the name of Daniel Tompkins is mentioned but once, and then incidentally. There is, however, a high time that records so valuable as those presented in the Tompkins papers should be rendered accessible; for, considered as a history of the State of New York from 1807 to 1817, the collection is unique. Not only is Gov. Tompkins believed to have written his *State of the Union* and his orders issued during his administration, except the routine kind, were drawn by his hand. The State obtained possession of the collection in 1885, but only those papers which are devoted exclusively to military subjects are published in the volume before us. In order to render intelligible the biographical as well as historical value of the collection, Mr. Hastings has prepared a sketch of Gov. Tompkins, which covers over one hundred pages, though no student of the history of the State during the earlier part of this century is likely to overlook it.

Daniel D. Tompkins was born at the Fox Meadows, Boardside, Westchester county, N. Y. His father was the seventh son of Jonathan Tompkins, one of the original Americans who lived in that part of Westchester county during the war of the Revolution. Born on a farm, and insured from childhood to the roughest kind of work, young Tompkins, nevertheless, succeeded in acquiring enough to enable him to enter Columbia College, where he graduated in 1795. Two years later he was admitted to

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